

In our continuous effort to better serve the tennis needs of the citizens of Huntington Beach we have added two new tennis class locations. Marina Park (Graham & Edinger) and LeBard Park (20451 Craimer Ln) will offer the same quality, low-priced, professionally taught tennis classes that are offered at Murdy and Edison Community Centers.

TENNIS: TOTS

Help your tot to develop hand-eye coordination while having fun outdoors. This class will introduce young students to the game of tennis. Development of basic pre-tennis skills will be taught in this program. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. Parent participation requested. Monroe, Lynn Edison Community Center Tennis Court #3

9102.100 9102.101	3yrs to 5yrs 3yrs to 5yrs	1/14-3/3 1/14-3/3	1:00pm-1:30pm 1:30pm-2:00pm	Sa Sa	\$48 \$48
Danielson,	Brenda	Edison Comn	nunity Center Tenn	is Cou	rt #3
9103.100	3yrs to 5yrs	1/9-2/27	11:00am-11:30am	M	\$48

Barrie, Monty		Murdy Comi	nunity Center Tenn	is Cou	ırt #1
9104.100	3yrs to 5yrs	1/11-2/29	3:00pm-3:30pm	W	\$48
Arbeiter, Andrew		Murd	y Community Cente	er Picr	nic #1
9230.100	3vrs to 5vrs	1/14-3/3	12:00pm-12:30pm	Sa	\$48

TENNIS: YOUTH BEGINNING

This class is designed for students with little or no tennis experience. Basic skills are introduced. Students will learn forehand, backhand, volley, serve and scoring. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

	'A approved te				
Monroe, L 9106.100	ynn Eo 6yrs to 9yrs	1/14-3/3	munity Center Teni 2:00pm-3:00pm	nis Cou Sa	**************************************
Danielson,	Brenda E	dison Com	munity Center Teni	nis Cou	rt #3
9107.100 9107.101	6yrs to 9yrs 6yrs to 9yrs	1/10-2/2 2/14-3/8	3:30pm-4:30pm 3:30pm-4:30pm	Tu Th Tu Th	\$64 \$64
Nieto, Raf	ael E	dison Comi	munity Center Teni	nis Cou	rt #3
9108.100 9108.101 9108.102	10yrs to 13yrs 10yrs to 13yrs 10yrs to 13yrs	1/9-2/1 2/13-3/7 1/13-3/2	3:30pm-4:30pm 3:30pm-4:30pm 3:30pm-4:30pm	M W M W F	\$64 \$64 \$64
Barrie, Mo	nty M	Iurdy Com	munity Center Teni	nis Cou	rt #1
9109.100 9109.101 9109.102 9109.103	6yrs to 9yrs 6yrs to 9yrs 10yrs to 13yrs 10yrs to 13yrs	1/9-2/1 2/13-3/7 1/10-2/2 2/14-3/8	3:30pm-4:30pm 3:30pm-4:30pm 3:30pm-4:30pm 3:30pm-4:30pm	M W M W Tu Th Tu Th	\$64 \$64 \$64 \$64
Rivera, Go	ldie M	Iurdv Comi	munity Center Teni	nis Cou	rt #1
9110.100	10yrs to 13yrs	,	5:30pm-6:30pm	F	\$64
Arbeiter, A	andrew M	Iurdy Comi	munity Center Teni	nis Cou	rt #1
9111.100	6yrs to 9yrs	1/14-3/3	11:00am-12:00pm	Sa	\$64
Rivera, Go	ldie Ma	arina Park '	Tennis Court 15871	l Graha	ım St
9112.100 9112.101 9112.102 9112.103	6yrs to 9yrs 6yrs to 9yrs 10yrs to 13yrs 10yrs to 13yrs	1/10-2/2 2/14-3/8 1/10-2/2 2/14-3/8	3:30pm-4:30pm 3:30pm-4:30pm 4:30pm-5:30pm 4:30pm-5:30pm	Tu Th Tu Th Tu Th Tu Th	\$64 \$64 \$64 \$64
Arbeiter, A	ndrew	LeBard Te	nnis Courts-20451	Craim	er Ln
9183.100 9183.101	6yrs to 9yrs 6yrs to 9yrs	1/9-2/1 2/13-3/7	4:30pm-5:30pm 4:30pm-5:30pm	M W M W	\$64 \$64

TENNIS: YOUTH ADVANCED BEGINNING

New class! This class is designed for students that have recently had beginning tennis, who can successfully execute forehands, backhands, volleys and starting to serve. The class will focus on movement and ball placement. Bring an unopened can of USTA approved tennis balls to first class.

Danielson, Brenda		Edison Comn	nunity Center Ter	nnis Cou	rt #3
9209.100	6yrs to 9yrs	1/10-2/2	4:30pm-5:30pm	Tu Th	\$64
9209.101	6yrs to 9yrs	2/14-3/8	4:30pm-5:30pm	Tu Th	\$64

TENNIS: YOUTH INTERMEDIATE

Youth who enroll in this class will be expected to be able to rally the ball several times using forehand and backhand strokes. Crosscourt placement, services, lobs, overheads and strategy will be taught. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Nieto, Rafael		Edison Community Center Tennis Co			
9114.100	10yrs to 13yrs	1/9-2/1	4:30pm-5:30pm	M W	\$64
9114.101	10yrs to 13yrs	2/13-3/7	4:30pm-5:30pm	MW	\$64
Barrie, Mo	onty M	Iurdy Com	munity Center Ter	nnis Cou	rt #1
9115.100	6yrs to 9yrs	1/9-2/1	4:30pm-5:30pm	M W	\$64
9115.101	6yrs to 9yrs	2/13-3/7	4:30pm-5:30pm	M W	\$64
9115.102	10yrs to 13yrs	1/10-2/2	4:30pm-5:30pm	Tu Th	\$64
9115.103	10yrs to 13yrs	2/14-3/8	4:30pm-5:30pm	Tu Th	\$64
Rivera, Go	oldie M	arina Park	Tennis Court 1587	71 Graha	ım St
9186.100	10yrs to 13yrs	1/10-2/2	5:30pm-6:30pm	Tu Th	\$64
9186.101	10yrs to 13yrs	2/14-3/8	5:30pm-6:30pm	Tu Th	\$64

TENNIS: YOUTH ADVANCED INTERMEDIATE

This class is designed for students who are competent in all of the skills taught in the intermediate class. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement and strategy. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Nieto, Rafa	ael E	dison Com	munity Center Ter	nnis C	ourt #3
9116.100	10yrs to 13yrs	1/13-3/2	5:30pm-6:30pm	F	\$64
Rivera, Go	ldie M	Iurdy Com	munity Center Ter	nnis C	ourt #1
9117.100	10yrs to 13yrs	1/13-3/2	3:30pm-4:30pm	F	\$64

TENNIS: COMPETITIVE TEEN

Designed for teenagers who are playing or interested in playing high school tennis and/or tournaments. These classes will focus on improving basic strokes and strategy, introduction to spins and touch shots, along with the understanding of tennis rules, scoring and etiquette. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Nieto, Ra	fael E	dison Comi	munity Center Te	nnis Co	urt #3
9119.100 9119.101	14yrs to 17yrs 14yrs to 17yrs		4:30pm-5:30pm 5:30pm-6:30pm	F W	\$64 \$64
Rivera, Go	oldie M	Iurdy Comi	munity Center Te	nnis Co	urt #1
9121.100	14vrs to 17vrs	1/13-3/2	4:30pm-5:30pm	F	\$64

TENNIS: ADULT BEGINNING

For adult students with no experience or long forgotten past experience in tennis. Basic skills are introduced: forehand, backhand, volley, serve and scoring. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Nieto, Raf	ael	Edison Community Center Tennis Court #				
9128.100	Adult	1/10-2/2	10:30am-12:00pm	Tu Th	\$80	
9128.101	Adult	2/14-3/8	10:30am-12:00pm	Tu Th	\$80	
9128.102	Adult	1/11-2/29	6:30pm-8:00pm	W	\$80	
Monroe, L	ynn	Edison C	ommunity Center Te	ennis Cou	ırt #3	
9130.100	Adult	1/14-3/3	11:00am-12:30pm	Sa	\$80	
Rivera, G	oldie	Marina Pa	ark Tennis Court 158	371 Grah	am St	
9134.100	Adult	1/10-2/28	6:30pm-8:00pm	Tu	\$80	
Arbeiter, A	Andrew	Murdy C	ommunity Center To	ennis Cou	ırt #1	
9196.100	Adult	1/12-3/1	5:30pm-7:00pm	Th	\$80	

TENNIS: ADULT ADVANCED BEGINNING

For those students who have recently had beginning tennis instruction or for those who can successfully execute forehands, backhands, volleys, serves and know how to keep score. The instruction focuses on repetitive drill work to improve coordination of ground strokes, volleys and serves. Bring a tennis racquet and one unopened can of balls to first class.

Barrie, Monty Murdy Community Center			ennis Cou	ırt #1	
9136.100	Adult	1/10-2/2	9:30am-11:00am	Tu Th	\$80
9136.101	Adult	2/14-3/8	9:30am-11:00am	Tu Th	\$80
Nieto, Raf	fael	Edison C	ommunity Center T	ennis Cou	art #3
9145.100	Adult	1/11-2/29	8:00pm-9:30pm		\$80
Arbeiter, A	Andrew	Murdy C	ommunity Center T	ennis Cou	ırt #1
9194.100	Adult	1/10-2/28	7:00pm-8:30pm		\$80

TENNIS: ADULT INTERMEDIATE

For those students who have recently had beginning tennis instruction or for those who can successfully execute forehands, backhands, volleys, serves and know how to keep score. The instruction focuses on repetitive drill work to improve coordination of ground strokes, volleys and serves. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Danielson,	Brenda	Edison C	ommunity Center Te	ennis Cou	ırt #3
9139.100	Adult	1/10-2/28	7:00pm-8:30pm	Tu	\$80
9139.101	Adult	1/12-3/1	5:30pm-7:00pm	Th	\$80
9139.102	Adult	1/9-2/1	9:30am-11:00am	M W	\$80
9139.103	Adult	2/13-3/7	9:30am-11:00am	MW	\$80
Nieto, Rafa	ael	Edison C	ommunity Center To	ennis Cou	ırt #3
9140.100	Adult	1/9-2/27	5:30pm-7:00pm	M	\$80
9140.101	Adult	1/9-2/27	7:00pm-8:30pm	M	\$80
9140.102	Adult	1/10-2/2	9:00am-10:30am	Tu Th	\$80
9140.103	Adult	2/14-3/8	9:00am-10:30am	Tu Th	\$80
Monroe, Ly	ynn	Edison C	ommunity Center To	ennis Cou	ırt #3
9141.100	Adult	1/14-3/3	9:30am-11:00am	Sa	\$80
Barrie, Mo	nty	Murdy C	ommunity Center To	ennis Cou	ırt #1
9142.100	Adult	1/9-2/27	5:30pm-7:00pm	M	\$80
9142.101	Adult	1/9-2/27	7:00pm-8:30pm	M	\$80
9142.102	Adult	1/11-2/29	5:30pm-7:00pm	W	\$80
9142.103	Adult	1/10-2/2	8:00am-9:30am	Tu Th	\$80
9142.104	Adult	2/14-3/8	8:00am-9:30am	Tu Th	\$80
Arbeiter, A	ndrew	Murdy C	ommunity Center To	ennis Cou	ırt #1
9195.100	Adult	1/12-3/1	7:00pm-8:30pm	Th	\$80
Rivera, Gol	ldie Ma	rina Park Te	nnis Court 15871 G	raham St	
Rivera, Gol 9211.100	ldie Ma Adult	rina Park Te 1/12-3/1	nnis Court 15871 G 6:30pm-8:00pm	raham St Th	\$80
	Adult	1/12-3/1		Th	• • • •

The Benefits of Tennis

Historically known as the "sport for a lifetime," tennis can be played by just about anyone, at any stage of their fitness journey. As we all know, exercise is important for good health, and tennis has specific health benefits that gives it an edge over many other types of physical activity. Recreational tennis has health benefits for the cardiovascular system, the muscles, bones, agility levels and more. In addition, tennis is a fun activity that reduces stress. For children, learning how to play tennis early on can improve energy levels and enhance an individual's confidence and optimism later on in life.



Below are just a few of the many benefits one can gain from participating in this illustrious activity:

- Heart Health
- Calorie Burning
- Interval Training

- Improves balance, dexterity, mobility and agility
- Mental Health Benefits

The community services department offers an array of tennis programs from beginner classes to advanced and a selection of new tennis workout programs. Choose between group lessons, semi-private or individual private lessons on days, times and locations that fit your schedule.

TENNIS: ADULT ADVANCED INTERMEDIATE

Students must have completed the three prior levels or have considerable playing experience. Class time is devoted to service, second serve, return of serve, volley, ground stroke placement, lobs, smashes and strategy in doubles and singles. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Danielson	, Brenda	Edison C	lommunity Center T	ennis Co	urt #3
9144.100	Adult	1/9-2/1	8:00am-9:30am	M W	\$80
9144.101	Adult	2/13-3/7	8:00am-9:30am	M W	\$80
9144.104	Adult	1/10-2/28	5:30pm-7:00pm	Tu	\$80
9144.105	Adult	1/12-3/1	7:00pm-8:30pm	Th	\$80
Monroe, Lynn Ediso			ommunity Center T	ennis Co	urt #3
9146.100	Adult	1/14-3/3	8:00am-9:30am	Sa	\$80
9146.100 Barrie, Mo			8:00am-9:30am Community Center T		• • • •
					• • • •
Barrie, Mo	onty Adult	Murdy C	ommunity Center T	ennis Cor W	urt #1 \$80

TENNIS: ADULT ADVANCED

Students must have completed the Advanced Intermediate level or have considerable playing experience. Students must have special permission from the Tennis Scheduler. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Nieto, Rafael		Edison Community Center Tennis Court #3				
9149.100	Adult	1/9-2/27	8:30pm-10:00pm	M	\$80	
Arbeiter, A	Andrew	Murdy C	Community Center To	ennis Co	ourt #1	
9193.100	Adult	1/10-2/28	5:30pm-7:00pm	Tu	\$80	
9193.101	Adult	1/12-3/1	8:30pm-10:00pm	Th	\$80	
Arbeiter,	Andrew	LeBar	d Tennis Courts-204	51 Crain	mer Ln	
9215.100	Adult	1/9-2/27	6:00pm-7:30pm	M	\$80	
Ramirez,	David	Marina P	ark Tennis Court 158	371 Gra	ham St	
9219.100	Adult	1/14-3/3	9:30am-11:00am	Sa	\$80	

USTA: COMPETITIVE TENNIS

USTA is here! Traveling to other tennis facilities throughout Orange County. You must have a current USTA membership number to register with USTA and have a NTRP rating level (<u>www.usta.com</u>). Additional USTA fees not included. More info-contact Brenda Danielson, Tennis scheduler, at 714-536-5246.

Danielson, Brenda Murdy Community Center Tennis Court #1 9153.100 1/9-3/17 1:30pm-3:00pm Su M F Sa \$27 Adult



TENNIS: CARDIO

For students of all levels that are interested in this new, fun group activity that gives players of all abilities a high energy workout. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class. Drop-ins welcome if there is space in class at \$10 per student (must contact instructor in advance for drop-ins).

Nieto, Rafael		Edison Co	ison Community Center Tennis Court ‡			
9100.101	18yrs to 65y	rs 1/10-2/28	5:00pm-6:00pm	Tu	\$84	
9100.102	18yrs to 65y	rs 1/10-2/28	6:00pm-7:00pm	Tu	\$84	
9100.103	18yrs to 65y	rs 1/10-2/28	8:00am-9:00am	Tu	\$84	
9100.104	18yrs to 65y	rs 1/12-3/1	8:00am-9:00am	Th	\$84	
Nieto, Ra	fael	Murdy Co	mmunity Center T	ennis Co	urt #1	
9101.100	Adult	1/9-2/27	9:00am-10:00am	M	\$84	
9101.101	Adult	1/12-3/1	7:00pm-8:00pm	Th	\$84	
9101.102	Adult	1/11-2/29	9:00am-10:00am	W	\$84	
9101.103	Adult	1/14-3/3	11:00am-12:00pm	Sa	\$84	
Arbeiter,	Andrew	LeBard	Tennis Courts-204	51 Crain	ner Ln	
9217.100	Adult	1/11-2/29	6:00pm-7:00pm	W	\$84	
9217.101	Adult	1/11-2/29	7:00pm-8:00pm	W	\$84	

TENNIS: DROP IN DRILLS INTERMEDIATE

For the players that want to work on their game, hit a lot of tennis balls & improve their strategy on the tennis court. These one and a half hour clinics of non-stop tennis drills and play are run by skill level with 2 instructors. Get to know other players and a great workout. One and one half drill must have a minimum of 3 students, maximum of 8 per court. If one student, drill will be one half hour. If two students, drill will be one hour. Sign up today on-line to reserve your spot.

Nieto, Rafael		Murdy C	Murdy Community Center Tennis Court #1			
l	9220.100	Adult	1/14	8:00am-9:30am	Sa	\$15
l	9220.101	Adult	1/21	8:00am-9:30am	Sa	\$15
l	9220.102	Adult	1/28	8:00am-9:30am	Sa	\$15
l	9220.103	Adult	2/4	8:00am-9:30am	Sa	\$15
l	9220.104	Adult	2/11	8:00am-9:30am	Sa	\$15
l	9220.105	Adult	2/18	8:00am-9:30am	Sa	\$15
l	9220.106	Adult	2/25	8:00am-9:30am	Sa	\$15
l	9220.107	Adult	3/3	8:00am-9:30am	Sa	\$15
	9220.108	Adult	3/10	8:00am-9:30am	Sa	\$15

TENNIS: DROP IN DRILLS ADVANCED INTERMEDIATE

For the players that want to work on their game, hit a lot of tennis balls & improve their strategy on the tennis court. These one and a half hour clinics of non-stop tennis drills and play are run by skill level with 2 instructors. Get to know other players and a great workout. One and one half drill must have a minimum of 3 students, maximum of 8 per court. If one student, drill will be one half hour. If two students, drill will be one hour. Sign up today on-line to reserve your spot.

Nieto, Rafael		Murdy Community Center Tennis Court #1			
9221.100	Adult	1/14	9:30am-11:00am	Sa	\$15
9221.101	Adult	1/21	9:30am-11:00am	Sa	\$15
9221.102	Adult	1/28	9:30am-11:00am	Sa	\$15
9221.103	Adult	2/4	9:30am-11:00am	Sa	\$15
9221.104	Adult	2/11	9:30am-11:00am	Sa	\$15
9221.105	Adult	2/18	9:30am-11:00am	Sa	\$15
9221.106	Adult	2/25	9:30am-11:00am	Sa	\$15
9221.107	Adult	3/3	9:30am-11:00am	Sa	\$15
9221.108	Adult	3/10	9:30am-11:00am	Sa	\$15

TENNIS RAIN HOTLINE 714-536-5246



TENNIS: SEMI-PRIVATE WORKOUT BEGINNING

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Edison Community Center Tennis Court #3			
1/9-2/27	11:30am-12:30pm	M	\$104
Arbeiter, Andrew Murdy Community Center Tenni			
1/9-2/27	9:00am-10:00am	M	\$104
1/10-2/28	9:00am-10:00am	Tu	\$104
	1/9-2/27 Murdy Co 1/9-2/27	1/9-2/27 11:30am-12:30pm Murdy Community Center Te 1/9-2/27 9:00am-10:00am	1/9-2/27 11:30am-12:30pm M Murdy Community Center Tennis C 1/9-2/27 9:00am-10:00am M

TENNIS: SEMI PRIVATE WORKOUT ADVANCED BEGINNING

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Class time is devoted to vigorous drills to enhance the player's techniques through personalized and concentrated sessions of instruction. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Barrie, Monty		Murdy Community Center Tennis Court #1			
9227.100	Adult	1/11-2/29	8:30pm-10:00pm	W	\$104
Danielson, Brenda		Edison Co	mmunity Center Te	nnis C	ourt #3
9166.100	Adult	1/11-2/29	11:00am-12:00pm	W	\$104
Ramirez,	David	Marina Pai	k Tennis Court 158	71 Gra	ham St
9199.100	Adult	1/11-2/29	8:00am-9:00am	W	\$104
9199.101	Adult	1/13-3/2	9:00am-10:00am	F	\$104
Arbeiter,	Andrew	Murdy Co	mmunity Center Te	nnis C	ourt #1
9218.100	Adult	1/9-2/27	10:00am-11:00am	M	\$104
9218.101	Adult	1/13-3/2	9:00am-10:00am	F	\$104

TENNIS RAIN HOTLINE 714-536-5246

TENNIS: SEMI-PRIVATE WORKOUT INTERMEDIATE

For those students who want concentrated skill development of forehand and backhand ground strokes, volleys, approach volleys and overheads. Classes are limited to a maximum of four students. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Arbeiter, Andrew		Murdy Community Center Tennis Court #1			
9189.100 Adult		1/10-2/28	10:00am-11:00am	Tu	\$104
9189.101	Adult	1/11-2/29	9:00am-10:00am	W	\$104
9189.102	Adult	1/11-2/29	10:00am-11:00am	W	\$104
9189.103	Adult	1/13-3/2	10:00am-11:00am	F	\$104
Ramirez, I	David	Marina Par	k Tennis Court 158	71 Gra	ham St
Ramirez, I 9197.100	David Adult	Marina Par 1/11-2/29	k Tennis Court 158 9:00am-10:00am	71 Gra	ham St \$104
•					
9197.100	Adult	1/11-2/29	9:00am-10:00am	W	\$104

TENNIS: SEMI-PRIVATE WORKOUT ADVANCED

Students must have completed the Advanced Intermediate level or have considerable playing experience. Students must have special permission from the Tennis Scheduler. Bring a tennis racquet and one unopened can of USTA approved tennis balls to first class.

Ramirez, David		Marina Pa	rk Tennis Court 158	371 Gr	aham St
9206.100	Adult	1/9-2/27	9:00am-10:00am	M	\$104
Barrie, Me	onty	Murdy Co	ommunity Center Te	nnis (Court #1
9226.100	Adult	1/9-2/27	8:30pm-10:00pm	M	\$104

TENNIS: PRIVATE LESSONS (1-2 STUDENTS)

For students who desire more individual attention, private lessons are available for one or two students at Murdy and Edison Community Centers for all levels. Dates and times to be pre-arranged with instructor. For registration and instructor contact information, please contact Murdy or Edison Community Centers. If you would like a larger group of students in the private lesson setting, the instructors also offer this at the following rates;3-4 students for \$64/hour,5-6 students for \$72/hour.

Danielson, Brenda	9154.100	3yrs to Adult	\$55	
Nieto, Rafael	9155.100	3yrs to Adult	\$55	
Monroe, Lynn	9231.100	3yrs to Adult	\$55	
Barrie, Monty	9157.100	3yrs to Adult	\$55	
Ramirez, David	9159.100	3yrs to Adult	\$55	
Ramey, Mai-ai	9160.100	3yrs to Adult	\$55	
Arbeiter, Andrew	9202.100	3yrs to Adult	\$55	
Rivera, Goldie	9156.100	3yrs to Adult	\$55	

